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COFFEE

Many rich returns

Peruvian Café de Monteverde

By: Sean Deasy



Café de Monteverde makes Peru worthy of revisiting for coffee lovers

Certain countries have so much to offer that they're worth exploring again and again. The same can be said for some of the world's coffee-producing nations. Peru, for instance, produces some of the planet's best coffee, and is a leader in organically grown beans. And when it comes to flavour, the South American coffee giant is certainly no one-trick pony, yielding vastly different types of beans depending on the region.

Café de Monteverde is a perfect example. Located in Rodríguez de Mendoza in the Amazonas region of northern Peru, this co-op actually produces varieties that include Arabica, Typica, Catimor, Caturra, Pache and Catuai.

And that's within just one region: whatever your

Peruvian coffee of choice, it's very much the product of its local origin.

"You have different mountain ranges, different sunlight, different shade, different soil, different rainfalls," says Eric Shabsove of Mountain View Coffee in Toronto, chief curator of the Headline Coffee series. "There are all kinds of different micro-climates throughout the country. All this translates into wonderfully unique taste characteristics. Beans from one farm next to another farm won't necessarily taste the same. That's what's exciting about going back to a country like Peru and trying a different region."

Café de Monteverde's coffees are shade grown at an altitude of 1,400–1,800 meters above sea level. Thanks to the micro-climates particular to

Rodríguez de Mendoza, growers can harvest all year long, with increased production between April and December. The harvest begins by selecting mature red cherries to ensure a greater concentration of sugars. Beans are then pulped, washed and fermented (fermentation is typically an 18- to 24-hour process).

The outcome is a bean that creates a smooth and well-balanced coffee. It's exquisite taste—delivering on the promise of a wonderful aroma—is a rich body of brown sugar and refined caramel notes. Café de Monteverde coffee may indeed have the perfect ratio of sweetness to acidity, says Shabsove.

Facts & figures

The Café Monteverde co-op was founded in 1989—comprising 12 families with deep roots in agriculture, conservation and education—to better serve the needs of local coffee producers. That meant striving to improve technical support to farmers, encourage best environmental practices and help its members reach international markets.

The significance of opening that door to wider markets cannot be understated.

Shabsove explains:

"Not that long ago, farmers in this region still had very small farms—perhaps half an acre, or two or three acres of land. And they would pick their harvest, come down from the hills with their donkeys or mules, and they try to sell their coffee to the buyers who would be at the bottom of the hill. Sometimes there might have been only one buyer there." Tragically, says Shabsove, these farmers were typically taken advantage of, simply because there wasn't a consistently reliable source of buyers for their coffee. "And so any price, invariably, would have to be the price they got," he laments. "But with

the advent of Café Monteverde, it presented all kinds of advantages including, ultimately, by establishing a fair set price."

Repping the region

Today Café de Monteverde represents several producer organizations, including La Flor del Café, comprised of nearly 300 Fairtrade (FLO) and Organic certified producers. The co-op provides technical assistance and training for its members, financing and marketing services and helps manage the producers' organic and Fairtrade certifications.

It also offers mentorship and training to help farmers manage their resources and enhance their agricultural productivity. Individual meetings occur throughout the year covering topics such as soil conservation, pest management, harvesting and cultivation.

These are tangible benefits for farmers who produce high quality coffee, and that includes the provision and installation of solar drying tables and fermentation tanks. These benefits are real incentives for farmers to continually improve their coffee quality and processing techniques.

Sustainability soars

As part of the co-op's commitment to the environment, Café de Monteverde is assessing projects that would benefit their surrounding land and community. Project proposals include efforts to use more efficient irrigation systems, creating a sanctuary for local flora and fauna and developing better waste management systems.

This is organic coffee production at its best: The co-op is deeply involved with their farmers at every stage, including the planting of seedlings, water conservation, maintenance of soil fertility, organic matter composting and organic methods of pest control.

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LET THE PRIDE BEGIN

- **Pride 30FOR30** 🏳️‍🌈
- **Two-spirited volunteer discovers her roots**
- **Police can march in parade but not in uniform**

metroNEWS



Pride Winnipeg president Jonathan Niemczak, Mayor Brian Bowman and Randy Boissonnault, MP for Edmonton Centre and Prime Minister Justin Trudeau's special advisor on LGBT2SQ issues, were among the flag-raising delegation at city hall Friday. JESSICA BOTELHO-URBANSKI/METRO

'There is going to be some pain'

BILL 36

Bowman seeks clarity from province over funding changes



Braeden Jones
Metro | Winnipeg

When Manitoba's 2017 budget was tabled in April, all Mayor Brian Bowman wanted to see was "consistent" funding for the

city and strong partnership with the province moving forward. At first he thought he had both but was lacking some details.

Then, last Thursday, the provincial government tabled Bill 36, the Budget Implementation and Tax Statutes Amendment Act, throwing both wishes into jeopardy.

With Bill 36 on the table, Bowman is now simply expecting "pain for Winnipeg's infrastructure and Winnipeg taxpayers."

"The question is of course,

how much?" he said Friday, when he pledged to seek clarity from the province "about the implications of some of the decisions that are being made at the legislature."

The 68-page bill has far-reaching implications for the city's operations and infrastructure planning.

To start, it would eliminate the Building Manitoba Fund, ending a requirement for the province to spend at least one percentage point of provincial sales tax on local capital projects.

But perhaps more concerning for Bowman, it also eliminates the long-standing requirement for the province to fund at least half of municipal transit operating costs.

The provincial government would instead determine the amount of funding provided toward those items during its annual budget process.

But without predictable funding, the city could be forced to cut service in order to balance its budget. As staff have just finished public consultation for Winnipeg's 2018 budget,

Bowman and company don't know what they have coming from the province or when they'd get it.

"That is one of the questions we need to have resolved by the province: when would that (transit operating funding change) take effect, for instance," Bowman said. "Would it be retro to the beginning of this year? Would it be prorated? Would it be at the end of this year? These are the types of questions that really do need to be clarified."

Provincial finance minister

Cameron Friesen said Thursday the proposed changes are part of the government's plan to control spending, reduce the deficit and bring some penalties in line with those in other provinces.

Bowman said he appreciates "the fact that they have some difficult decisions to make" but he intends to get answers to burning questions surrounding those decisions, such as how they affect Winnipeg's 2018 budget.

"We'll be very specific in the coming weeks," he said.



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Edmonton laps 'Peg on bike lanes

Coun. Lukes frustrated at red tape to get adjustable grid



In the time it took Winnipeg's public service to report back on whether an adjustable grid of bike lanes would fit the city's existing plans, Edmonton has nearly installed seven kilometres of protected cycling infrastructure in its downtown.

That really frustrates Coun. Janice Lukes, who last fall pitched a similar idea of adjustable infrastructure to expedite the bike-lane build-out locally, around the time councillors out West unanimously supported fast-tracking their version by this spring.

In October 2016, Lukes brought experts involved with bold cycling infrastructure projects in Calgary and Edmonton to Winnipeg for a panel discussion, then tried to get the Infrastructure and Public Works (IRPW) committee to order a report on what it would take to be similarly bold in Winnipeg.

But rather than research cost and feasibility, the committee asked administration to take 120 days to report back on whether the concept aligned with existing pedestrian and cycling strategies (PCS).

"Surprise," Lukes said Sunday. "They've come back and said it is in the plans. Imagine that."

An administrative report going

to the IRPW committee Tuesday confirms what Lukes said about half a year ago, council had already looked at the roads and "adjustable methods" are already "considered as an implementation method at some locations."

The report notes "adjustable" bike lanes are a deployment method of protected cycling facilities, and concluded with "this being the case, adjustable methods for the implementation of a protected bike facility fits within the goals and objectives of the PCS."

"Now that we see it is in fact in the strategies, hopefully (the committee) will say, 'OK, let's study what it'll cost to implement downtown in a short window,'" Luke said.

While she is pleased IRPW committee members will now know the public works department is acquainted with her preferred implementation method, and hopeful it can gain traction, she's less happy with how the process has been delayed.

But she worries the IRPW committee — whose chairperson said “taking a baby step forward on this is a good idea” when her motion was changed in November — will agree with the report to the point that there is no action taken, and no appetite for catching up other Canadian cities that expedited their own cycling infrastructure.

Even if the committee does support her original motion, she has little hope a new report would be ready in time to get a plan into the 2018 budget, pushing the idea back to 2019.

"It'll never get in (in time) unless the mayor made it a priority," she said.

MAPPED | Protected Bike Lanes in Winnipeg

This map shows both existing and proposed lanes



GRAPHIC BY ANDRÉS PLANA/METRO

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Pride 30FOR30 'Pride still needs to be political'



Jessica Botelho-Urbanski
Metro | Winnipeg

While Carla Taylor helps others heal at Pride events through smudging, the process is also helping her find her roots.

"I sort of consider this my own personal decolonization process," Taylor said Friday after smudging around city hall as the rainbow flag was raised, kicking off 10 days of Pride Winnipeg celebrations. "I wasn't necessarily raised within the language, within the

culture, within the teachings. And having to come to that on my own, it feels good to start to now connect with other two-spirit people in the community and to be learning from them," she said. "And to recognize within the LGBTQ community that I can also work on reclaiming my heritage."

Taylor is originally from Selkirk and has lived in Winnipeg for the last 17 years. The 38-year-old identifies as two-spirit and her father's family has roots in Fisher River Cree Nation.

She began seeking out more Indigenous knowledge in her late

20s, with help from a mentor and a Lakota elder. Three years ago, she was gifted with her spirit name: Two Turtle Woman.

The name connotes striking a balance between genders, spiritual worlds and land and water. It's also a nod to traditional turtle medicine, which Taylor is learning more about as she studies to become an osteopath.

Currently an athletic therapist, she runs her own downtown business, Revolution Wellness Centre.

For the next week, Taylor will be juggling work with becoming more involved in Pride, where she believes there's a need for more awareness surrounding intersectionality.

"The Pride movement, even to me, it seemed like, 'What do we need this for?' even as of two years ago," Taylor said. "And now it's come more to my attention, especially following (the 2016 nightclub shooting in) Orlando, that we really do have a large chunk of our population that still needs our support and needs the advocacy. Pride still needs to be political."



Carla Taylor, an athletic therapist who identifies as two-spirit.
JESSICA BOTELHO-URBANSKI/METRO

LGBTQ

Police welcome to march in parade without uniforms



Braeden Jones
Metro | Winnipeg

Winnipeg police will be welcome in the Winnipeg Pride Festival's annual parade this year, but not in uniform.

Organizer Jonathan Niemczak said the decision, which followed

a survey, was "as collaborative as possible."

Out of 600 respondents, Pride Winnipeg found nearly one-third of people "wanted no police involvement... or requested that police do not participate in uniform."

Another third were comfortable with uniformed officers, but wanted a firm commitment from

the police force to improve their relationship with the LGBTQ community, and the final roughly 33 per cent had no strong view.

As well, on Friday, a joint statement from Pride Winnipeg and other LGBTQ advocacy groups locally announced an effort to "bring positive change to the police relationship with the community."



Volunteer Ernie Tomchuk tells visitor Jackie Elston the buffalo fur coats worn by officers in the 1960s weigh over 25 pounds and cost \$3,000. KEILA DEPAPE/FOR METRO

Museum sees record numbers

POLICE

Venue has had over 5,000 visitors in the last 6 months



Keila DePape
For Metro | Winnipeg

More people visited the Winnipeg Police Museum this past weekend than it averaged in an entire year at its old location.

Museum curator, retired Constable Randy James, said he expected the move to Smith Street to attract bigger crowds, but he didn't expect attendance to be multiplied nearly tenfold.

"In our last location we had 400 to 500 visitors a year," said James. "In the last six months we've topped 5,000."

Over the weekend, well over 500 people checked out the museum while it held extended hours for Doors Open Winnipeg, an annual festival of free tours hosted by Heritage Winnipeg.

To encourage visitors to check out the police museum, Heritage Winnipeg boasted "the history of the police is the history of Winnipeg, as police were there for every major event."

James agreed, adding, "Winnipeg has quite a history — there's a lot of fascinating stories here."

Retired officers like James staff the museum to share stories about its myriad memorabilia, including weapons, old books with handwritten entries, motorcycles, and a slick '78 Ford Custom.

The archives date back to the 1880s, but it's a 1911 jail cell that captures kids' attention. They squeal when its iron door slams, clinging to the bars to pose for parents' photos.

In another room, visitor Jackie Elston strokes a buffalo fur coat worn by officers in the '60s, remembering winters of her childhood.

"We'd see them (police officers) from the bus going to school in the morning, walking through the snow," said Elston.

"You did get a sense that everything was OK in the world when you saw them."

Elston remembers the coats commanded respect, the likes of which she's not certain today's officers receive.

James said that a look back and learning about police history can promote a better understanding of what officers go through on the street today.

"I think a lot of the time you look at a police officer, and you look at the clothes he/she's wearing, and you don't know anything about the person inside," said James. "The museum helps to humanize the whole position."

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LEADERSHIP RACE

Can Andrew Scheer lure young voters from Liberals?



Ryan Tumilty
Metro | Ottawa

With Andrew Scheer, the Conservative Party picked the youngest leadership choice available this past weekend, but it's unclear whether that will be enough to attract key younger voters.

At 38, Scheer is younger than Prime Minister Justin Trudeau or current NDP Leader Tom Mulcair.

The Conservatives lost in 2015, not because their core support left them but because a new crop of 18- to 34-year-old voters turned out to support Justin Trudeau.

James Hawkes, 25, is among Scheer's supporters. Joined by fellow party members in Saskatoon, where he is involved with campus Conservatives, he watched his preferred candidate come to victory. Hawkes has no



Andrew Scheer, centre, newly elected leader of the Conservative Party of Canada, with his rival Maxime Bernier, left, following his win on Saturday. GETTY IMAGES

doubt Scheer will be able to bridge the generational divide.

"He's the closest thing we have had to a millennial in any of the major parties," he said. "Andrew is going to appeal to youth, definitely."

Hawkes said millennials don't all think the same way and Scheer's pledge to remove funding from universities that don't protect freedom of speech will have broad appeal.

"They don't feel they're allowed to speak about what matters to them and their beliefs

on various topics."

Quito Maggi, president of Mainstreet Research, polled extensively on the race. He said even though Scheer is younger he's unlikely to tap into the youth vote.

"Despite Andrew Scheer's appearance and age they picked the wrong candidate to appeal to millennials," said Maggi. "With his ideology, with his policy background, I don't think he is going to have an easy time."

He said Scheer's social con-

servatism — even if he is committing not to legislate on it — is going to be a tough sell for younger voters.

Maggi said he believes Scheer is banking on those voters staying home or gravitating to a new NDP leader in 2019.

"He's not interested in increasing the size of the Conservative tent," he said. "There is no real interest in reaching out."

Scheer, a father of five, had one message to younger voters in his acceptance speech Saturday night.

DIGEST

MANCHESTER

Britain remains on alert

British police made two more arrests and stormed three more locations Sunday as they hunted for suspects in the Manchester bombing, while a government minister said members of attacker Salman Abedi's network may still be at large.

Police said two men — one 25 years old and the other 19 — were arrested in the city on suspicion of terrorist offences.

11 other men were in also custody. Most of the searches and arrests since Monday night's bombing have been in multi-ethnic south Manchester, where Abedi the son of Libyan parents — was born and raised. AP

WHITE HOUSE

Trump eyes staff overhaul

President Donald Trump is considering overhauling his White House staff and bringing back top campaign strategists, frustrated by what he views as his team's inability to contain the crisis involving alleged Russian meddling in the election.

Expanding teams of lawyers and experienced

public relations hands are being recruited to deal with the drumbeat of new revelations about Moscow's interference and possible improper dealings with the Trump campaign and associates. The disclosures dogged the president during his first trip abroad since taking office and threaten to overwhelm and stall the agenda for his young administration. AP

PHILIPPINES

Situation in Marawi dire

Philippine forces found corpses in the streets of a besieged southern city on Sunday, including at least eight civilians who appeared to have been executed, as soldiers battled a weakened but still forceful group of militants linked to Daesh. The death toll from six days of fighting neared 100.

The crisis in Marawi has grown dire as the militants fend off a military that has unleashed attack helicopters, armoured vehicles and scores of soldiers. The violence prompted President Rodrigo Duterte on Tuesday to declare 60 days of martial law in the southern Philippines, where a Muslim separatist rebellion has raged for decades. AP

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION Do I really have to use preferred pronouns?

Dear Ellen,

My 22-year-old son has a friend who looks and sounds female to me, but he says she is "non-binary," meaning not male or female. I'm supposed to call her "they" or "them." I try my best, but I find it all very confusing and often forget to use the correct pronoun, which makes my son furious. He says I'm being terribly rude and insulting, but isn't it a bit rude to expect me to change how I talk just to accommodate someone else's radical political views?

Confused Mom

Dear Confused Mom,

Wowza, ma'am. You have opened a giant tinderbox here, but it's a good one, and increasingly relevant, so let's discuss.

First, consider a similar language issue from another era. Before the term Ms. came in, men were identified as Mr., regardless of marital status, while women were identified as "Mrs." or Miss. In other words, with a simple honorific, society instantly divided women into married (off limits, i.e., sexually unavailable) or single (sexually available if young, or proven sexual reject if older).

Many chauvinists (male and female) fought the use of Ms.,

suspecting (correctly) that it threatened the patriarchal status quo by chipping away at how female humans overall are seen and defined. But in terms of etiquette, the rules are on the side of Ms. — that is, if you believe etiquette means treating all human beings as equal (which it does). Simply put, all humans are equally entitled to keep their marital status private in public and on paper. So the use of Ms. has rightly prevailed, and we should all use it, unless a woman insists on being called

Mrs., in which case one should politely respect her wishes to be so identified.

Your non-binary pronoun question is complex, but similar. The request feels unreasonable because it doesn't make sense to people who grew up thinking the world was male or female, period. It helps if you try to understand that "being" male or female, or neither, is not a choice or a "radical political view." It's a real feeling, rooted in a sense of personal identity.

But whether you

understand this or not, or like it or not, the right thing to do is respect your son's friend's request and make an effort to use the neutral pronoun.

Don't worry if you make mistakes — as long as you proceed in good faith and make an honest effort, they can be politely patient with, and appreciative of, broad-minded you.

Need advice?
Email Ellen:
askellen@metronews.ca



Ani Castillo

With reality-TV flair, Tories chose 'nice guy'



Vicky Mochama
Metro | Toronto

Poised to pick a bombastic-yet-unknowing reality TV businessman then finding a leading contender in a Quebec libertarian, the Conservative Party of Canada picked a man who definitely has a Wikipedia page.

The Saturday night selection of Andrew Scheer was done with a dramatic panache worthy of some of the best reality television producers. It is a nail-biting style that, let's be honest, I did not think the Conservatives had.

Polls closed at 4 p.m., but the party didn't announce a leader until well into the evening.

This could be thanks in part to the fairly technical way the party votes for its leader, involving ranked ballots and a complex points system.

Back in 2004, they had to figure out all this by hand, but this year the process has been automated.

In all likelihood, the computer had already done the math by 4:30 p.m., and was onto planning world domination by the time the Conservatives crowned Scheer.

But why squander the chance to own the airwaves? And why not become a trending topic on social media where I, a millennial without cable, could follow along as people united to hate on Kevin O'Leary?

The producers of America's Next Top Model, The Bachelor, Survivor, Project Runway and other fine reputable fare could not have done better. It would only have been more delightful if, in Andrew Scheer's first speech as leader, he announced that he wasn't here to make friends.

In round after round, Maxime Bernier led the ballots until the very last one in which Scheer juuust outscored him.

In many ways, it reminded me of the first season of Paradise Hotel when after a season of mostly being ahead, Dave, an affable kind man, ended up being screwed over by his partner, Charla, a "nice girl" with the heart of a super villain.

Sure, the nice guy won on Saturday, but at what cost?

For most Canadians, Scheer is not well known. A field of 14 candidates during an unruly time did not help him. As the country heads towards the 2019 election, the stakes are high: modest overall economic growth is being challenged by a recession affecting Calgary and Edmonton, and a heated housing market in Toronto and Vancouver — while internationally, an overgrown and dangerous infant threatens the stability of global peace.

The party managed a couple hours of drama. Now they'll have to produce several seasons of the Scheer Show.

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When life's stranger than *fiction*

TELEVISION

Trump's reign renders House of Cards irrelevant

Tony Wong
life@metronews.ca

Spoiler alert: Story has details of previous seasons

Frank Underwood is a killer. We know this because the fictional president once shoved a reporter in front of a subway car. Finely and indulgently played by Kevin Spacey, Underwood is mercurial, cunning and the most dangerous man on television.

Yet current events have conspired to make the infamous fake president seem reductive and,

improbably, smaller than life.

House of Cards returns for a fifth season, with Spacey and first lady Claire Underwood (Robin Wright) as the rulers of an alternate Camelot, a kind of sociopathic Bill and Hillary Clinton. At any other time this would be substantive, trippy entertainment. The darkness of the show played well during the seeming naïveté of an Obama administration.

And then came Donald Trump. Spacey plays Underwood on TV like it was written by Shakespeare, a politician who plays three-dimensional chess when the other guys are playing hopscotch after a dozen beers. The beauty of House of Cards was that it took you deep into the bowels of the West Wing, while our anti-hero president vanquished foes like a true Master of Whisperers. It sometimes took an entire season to pass a crucial piece of



Kevin Spacey and Robin Wright return for a fifth season of House of Cards. CONTRIBUTED

legislation using those dark arts. But the details were exquisite.

Now there is Trump. Suddenly it's apparent that you don't need experience, or smarts, or even a basic understanding of world affairs to be president. While Spacey's playbook is right

out of Machiavelli's The Prince, Trump is absurdly cartoonish, his clumsy manoeuvres stolen from WrestleMania. That's not surprising, since the president sits in the WWE Hall of Fame.

With Trump we have learned that sophistry does not win you

points. Or an election. Why be like Frank Underwood, delicately tap dancing through congress when the blunt instrument of an executive order is far more to the point?

Trump doesn't care about the fine print, and so far, despite stumbling past his first 100 days, he's still gamely hanging on, a wounded, angry creature. Underwood's southern charm is benign by comparison.

Like HBO's comedy Veep, about a narcissistic, over-the-top politician clinging to power played by Julia Louis-Dreyfus, House of Cards has been usurped by reality. It's hard to satirize a president who is satirizing himself.

Still, House of Cards has often veered into excess, sharing more DNA with Veep than All The President's Men as it careened from drama to black parody.

That seemed evident last sea-

son when the president decided to put his wife on the ticket as the vice-president. That sort of nepotism would be laughable — and arguably, it detracted from the realism of the show.

But then Trump put his daughter Ivanka in the White House and let his son-in-law Jared Kushner handle foreign affairs, all the while continuing to blatantly profit in his business from political connections while a special investigator decides whether his staff was colluding with Russians.

Rest in peace, House of Cards. You delivered a decent season with fine performances. But the world has, incomprehensibly, passed you by. TORSTAR NEWS SERVICE

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7 ways a budget helps you

ADVICE

Financial plans often misunderstood

Gail Vaz-Oxlade
For Metro Canada



People always seem to want to debate the validity of a budget. Second only to insurance, budgets are the most misunderstood financial tool around.

People see them as constraining, like a too-tight pair of shoes that pinch and rub. People see them as rigid; think full-body cast. People see them as impossible, as in, "I've made lots of budgets but they never work!"

Budgets do work, and here are seven reasons to have one:

1. A budget is a plan

It's a reflection of your choices for how you will spend your hard-earned money. Without the plan, you're driving down the road with a blindfold on and it's only a matter of time before you run into the ditch.



ISTOCK

2. A budget is a gauge

It lets you see if you are living within your means. With easy credit, it is much harder to see that you're not making ends meet because you can fool yourself into thinking you've got it covered. If you have a budget and you faithfully plug your numbers in, the budget will tell you the truth.

3. A budget gives you control

You have dreams of things you'd like to have, places you'd like to go, experiences you'd like to ... well ... experience? With a budget, those dreams and aspirations don't have to go ignored because you keep getting to the

end of the money before you get to the end of the month.

4. A budget anticipates expenses

Without a budget, people think of most of their less regular expenses as "unexpected." Having forgotten about the car insurance bill that comes once a year, they're shocked and surprised when the bill arrives. With a budget, not only would you know when to expect the bill, you'd have set aside 1/12 of the total each month so paying it would be no problemo.

5. A budget keeps you focused

It's a lot harder to spend willy-

nilly when you're on a budget because you've accounted for where the money is going down to the last red cent. If you find a category isn't working because there's not enough in it, you have to cut from another category to make the budget balance. But every cent is accounted for. No surprises.

6. A budget eliminates squabbling

If you're mated to one of those people who have no self-control, a budget can be a relationship rescuer since it will reduce arguments about money, as in, "not until we put it in the budget."

7. A budget reduces stress

Perhaps the biggest benefit reported by people who finally get on a budget is that their stress is way reduced and they find that they sleep better! Following a budget means you eliminate unnecessary worrying over money and debt. You're confident that everything is figured out, and as long as you follow the budget, you've created a plan that will get you to where you want to be.

For more money advice, visit Gail's website at gailvazoxlade.com

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- Digital Advertising experience an asset but not a requirement

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CANNES FILM FESTIVAL THE SQUARE PEGGED AS PALME D'OR WINNER

The Cannes Film Festival jury awarded its coveted Palme d'Or award to Ruben Ostlund's *The Square*. "Oh my god! OK," the Swedish filmmaker, pictured here (left) with actor Christopher Laesso, exclaimed after he bounded onto the stage to collect the prize on Sunday. In the film, Claes Bang plays the curator of an art museum who sets up *The Square*, an installation inviting passers-by to altruism. But after he reacts foolishly to the theft of his phone, the respected father of two finds himself dragged into shameful situations. Also at Cannes, Sofia Coppola won best director for *The Beguiled*, while Diane Kruger has been named best actress and Joaquin Phoenix best actor. **THE ASSOCIATED PRESS/GETTY IMAGES**

Keys in tune with fight for equality

HUMANITARIANISM

Singer and Indigenous movement share award

American recording artist and humanitarian Alicia Keys believes a change is coming, as people in both Canada and the United States wake up to the fight against inequality and injustice.

"There's a veil that's lifted so we're not able to say anymore, 'I didn't know that,'" she said Saturday in Montreal, where she was honoured for her activism.

The 15-time Grammy winner received Amnesty International's Ambassador of Conscience award which she shared with members of Canada's Indigenous rights movement.

The award is presented each year to an artist and an activist who have stood up to injustice, inspired others and furthered the cause of human rights.



Alicia Keys, centre, greets Indigenous rights activists Melanie Morrison, left, and Melissa Mollen Dupuis in Montreal Saturday. GRAHAM HUGHES/THE CANADIAN PRESS

Keys said she sees similarities between the struggle of Indigenous communities in Canada and that of communities fighting for equal treatment in the United States.

"If an Indigenous person is killed there's no coverage on the news," she said. "It's similar in America, where if a brown or a black person is killed there's much less coverage."

"You start to see how our

struggles and the issues we all care about are similar no matter where we live and I think that's bringing us together so much more, as humanity, as people," she continued.

Keys is known for her philanthropic work, including as co-founder of Keep a Child Alive, a non-profit providing treatment and care to families affected by HIV in Africa and India.

THE CANADIAN PRESS

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Using farmers to save badgers

CONSERVATION

Endangered creatures rely on the help of farms to live

Owen Roberts
Urban Cowboy



Ontario's 200 endangered badgers are hanging on by a thread. And their habitat — perhaps even their future — depends a great deal on farmers.

Badgers live in burrows around the perimeters of farmers' fields and creek-sides. They're common in Western Canada and parts of the U.S., where they're sometimes scorned for leaving holes that can ruin expensive farm equipment.

But not in Ontario. Here, badgers are scarce and elusive.

Biologist Josh Sayers, leader of the Ontario Badger Project, a conservation program to save the grizzled grey creatures, calls them "ghost-like."

Indeed, because they're nocturnal, few people ever see them. Plus, they have a huge range that they move within every few days. One badger around Tillsonburg, Ont., called 80,000 acres home. That encompasses many farms.

"Because badgers' range is so broad, we need farmers to work together to help maintain habitat," says Sayers. "Nearly all of our work takes place on farms. For badgers, agriculture is huge."

Sayers has worked with farmers for eight years to help badgers survive. Through farm visits and through the project's website, he answers questions about these mysterious crea-



The nocturnal creatures are sometimes scorned in the U.S. for leaving damaging holes. PHOTOS: COURTESY ONTARIO BADGER PROJECT



THE FUTURE of FARMING

Badger spotting

Spot a badger burrow on a hike? Call the hotline 1-877-715-9299 (toll-free) or email info@ontariobadgers.org.

Badger burrows are about 10 inches in diameter and may have claw marks around their entrance. Call, too, if you find one killed on the road. It's better to do this sooner rather than later — before they decompose or become food for scavengers.

Kissin' cousins

Researchers set up Velcro "hair nags" at the top front of suspected badger burrows, to collect hair for DNA analysis. Because badger numbers are so few, studies can identify each badger through such analysis, and determine relationships between them — particularly, how inbreeding might be threatening the species' survival.

tures — their distribution and abundance, habitat, prey (they're carnivores), mortality, and how they fit into the agricultural landscape of southern Ontario.

It's an uneasy existence

for badgers here. This is the eastern fringe of their continental range, so they were never very plentiful here to begin with. And it doesn't take much to disrupt their ecosystems, like cities swal-



Researchers have fitted 10 badgers with radio transmitters before releasing them back into the wild.

lowing up Ontario farmland. That makes farmers' conservation efforts even more important.

But even at the best of times, how do you keep track of 200 badgers in a province the size of Ontario?

Well, besides registering

activity such as burrows and sightings (including road kill — see sidebar) Sayers and a handful of others, including researchers at the University of Guelph, have outfitted 10 badgers with small radio transmitters.

Through a dozen motion-

FARM poll

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Farmers provide many services to society. Visit metronews.ca to tell us which one you think is the most important.

activated trail cameras (sorry, no badger cam) strategically placed near known burrows, they monitor the animals' movement.

Such remote surveillance beats trying to follow a badger on foot, from county to county, or meeting one face to face, especially if it feels threatened. Badgers are known for punching above their weight, as seen in the video that went viral of the badger in Utah burying an entire cow carcass.

But despite their ferocity, badgers' future depends on farmers' help with habitat.

And they're getting it.

Over the past 30 years or so, various levels of government and conservation authorities have helped farmers replant thousands of acres of trees, and retire fragile land along creeks, rivers and lakes.

Those measures are vital for food, water and shelter for many wild animals, including badgers.

"There's a very strong and growing ethic in the farm community to appreciate and manage the landscape for biodiversity," says Harold Rudy, executive officer of the Ontario Soil and Crop Improvement Association. "We run a lot of conservation programs and workshops for farmers across Ontario, and they are almost always sold out."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



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Dynamic duo doing it again

2017 NHL PLAYOFFS
FINAL LOOKAHEAD

Crosby, Malkin providing bulk of brilliance in latest Cup run

Above all else, the Pittsburgh Penguins are here in the Stanley Cup final chasing history because of two long-time organizational pillars: Sidney Crosby and Evgeni Malkin.

Crosby and Malkin helped the Penguins climb from the depths of the NHL to the pursuit of a third title in the last nine years and, potentially, the first repeat win in the salary cap era.

"They're both special," Penguins winger Phil Kessel said. "If you watch them out there, they do some pretty special things."

Good fortune is largely why both ended up in Steeltown.

The Penguins were the NHL's worst team in the 2003-04 season, but it was the Capitals who drew the first pick and opted for Alex Ovechkin. That left Malkin there for the taking at No. 2. Over a year later, every team in the league had a shot at the No. 1 pick after the '04-'05 lockout, but

the Pens — one of four teams with the maximum three lottery balls — emerged as the winner of the Crosby sweepstakes.

A franchise was changed — and perhaps saved — as a result.

Crosby and Malkin have won two Cups for the Penguins and rank as two of the most prolific post-season performers in history. Crosby is tied for ninth all-time with 1.11 points per-game, trailed closely by Malkin in 15th at 1.07.

"They just do whatever it takes to win," said Justin Schultz, struck by the competitiveness habits of the duo when he joined the Penguins last season.

Crosby said he was motivated more by the opportunity to win than any history at stake. Getting back wasn't easy — the Penguins won two series in seven games — and he wanted to take advantage. Pittsburgh also lost his and Malkin's first trip to the final in 2008 and after winning in 2009, needed another seven years just to get back once more.

"We wanted to get back here and we knew that it was going to be difficult and there'd be a lot of obstacles and we found a way to get here now so it's up to us to do something with the opportunity," Crosby said.

The Cole Harbour native can join one-time mentor Mario



Sidney Crosby speaks to reporters at PPG Paints Arena where the Stanley Cup final opens Monday. BRUCE BENNETT/GETTY IMAGES

Lemieux, Steve Yzerman and Wayne Gretzky as the only players to captain back-to-back Cup winners in the last 30 years. He could eclipse even Mario with a third Cup (Lemieux has added two as an owner) and add to an already storied legacy, which includes a Conn Smythe Trophy.

Crosby and Malkin have already made a dent as the first team in the cap era to reach the final four times. They managed to get back this spring despite losing their best defenceman, Kris Letang, for the season and top

goalie, Matt Murray, for the better part of the first two rounds.

The two are described by teammates as understated leaders who drive the group mostly by example. Malkin, though, has been chattering more and more lately in the dressing room, according to Chris Kunitz, one of only five players left from the Cup-winning team in 2009.

It was little bits of positivity such as, "We can do this!" or "We've got to get better here!"

Kunitz thought Malkin, much like Crosby, was pressing the

issue because he knew how rare the opportunity was.

Both players have shredded foes again in the post-season, ranked 1-2 in scoring — Malkin with 24 points, Crosby with 20.

Crosby set up Kunitz's series winner against the Sens and had six points over the final five games of the series. Malkin had three assists in a 7-0 Game 5 win and then scored his seventh goal in a Game 6 taken by Ottawa.

The Pens host the Nashville Predators in Game 1 of the Cup final on Monday. THE CANADIAN PRESS

IN BRIEF

Kisner holds off Spieth to seal victory at Colonial

Kevin Kisner birdied the first three holes on the back nine to take the lead and held on to win at Colonial despite a Sunday charge by defending champion Jordan Spieth.

THE ASSOCIATED PRESS

Dumoulin wins Giro

Tom Dumoulin won the 100th Giro d'Italia in dramatic fashion Sunday, reclaiming the overall lead in a final-stage individual time trial.

It's the first Grand Tour victory for the Dutchman Dumoulin.

THE ASSOCIATED PRESS

Pitching duel lacks lustre

Cody Bellinger and Kike Hernandez led an offensive outburst with three-run homers that upstaged the anticipated duel between aces Jon Lester and Clayton Kershaw, helping the Los Angeles Dodgers beat Chicago 9-4 on Sunday to sweep the Cubs in three games at home.

Lester and Kershaw were rocked for 10 runs and 18 hits in a combined 7-2/3 innings of their first career matchup. THE ASSOCIATED PRESS

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MAKE IT TODAY

Classy Macerated Strawberry and Mascarpone Mint Parfaits



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

These simple to assemble treats make a special dessert or breakfast.

Ready in 2 hours, 40 minutes

Prep time: 40 minutes

Makes: 6 to 8 parfaits

Ingredients

- 16 oz fresh strawberries, hulled and quartered
- 1/4 cup sugar
- 1 cup mascarpone cheese
- 2 lemons, zest and juices
- 5 to 7 mint leaves, finely chopped
- 1 Tbsp sugar
- 2 tsp vanilla extract, divided
- 6 full-size graham crackers
- 1 cup oats
- 1/4 cup butter (1/2 stick), melted
- 2 Tbsp brown sugar
- 2 cups whipping cream, plus 2 Tbsp
- 1 tsp lemon zest

Directions

1. Mix the strawberries with sugar and zest and juice of one lemon. Refrigerate at least 2 hours.
2. Mix the mascarpone with

lemon juice and zest, reserving 1 teaspoon for whipped cream. Add vanilla and sprinkle in mint. Stir in 1 tablespoon whipping cream. Blend until smooth.

3. Preheat oven to 325. Place graham crackers and oats in a food processor and buzz till like bread crumbs. Transfer to a bowl and mix in melted butter and two tablespoons brown sugar. On a baking sheet lined with parchment paper, spread crumbs out in an even layer. Bake 15 to 20 minutes, or until golden brown. Once cooled, store the crumbs in an airtight container or mason jar.

4. Using a stand mixer or electric hand mixer, mix whipping cream, lemon zest and vanilla until soft peaks form. Scoop into a piping bag.

5. Assembly: In a shallow dessert cup, put about two tablespoons of the graham mixture, two tablespoons of the mascarpone mix, a tablespoon or two of the strawberries, some more mascarpone and then top the whole lot off with some whipped cream and a teeny piece of fresh mint.

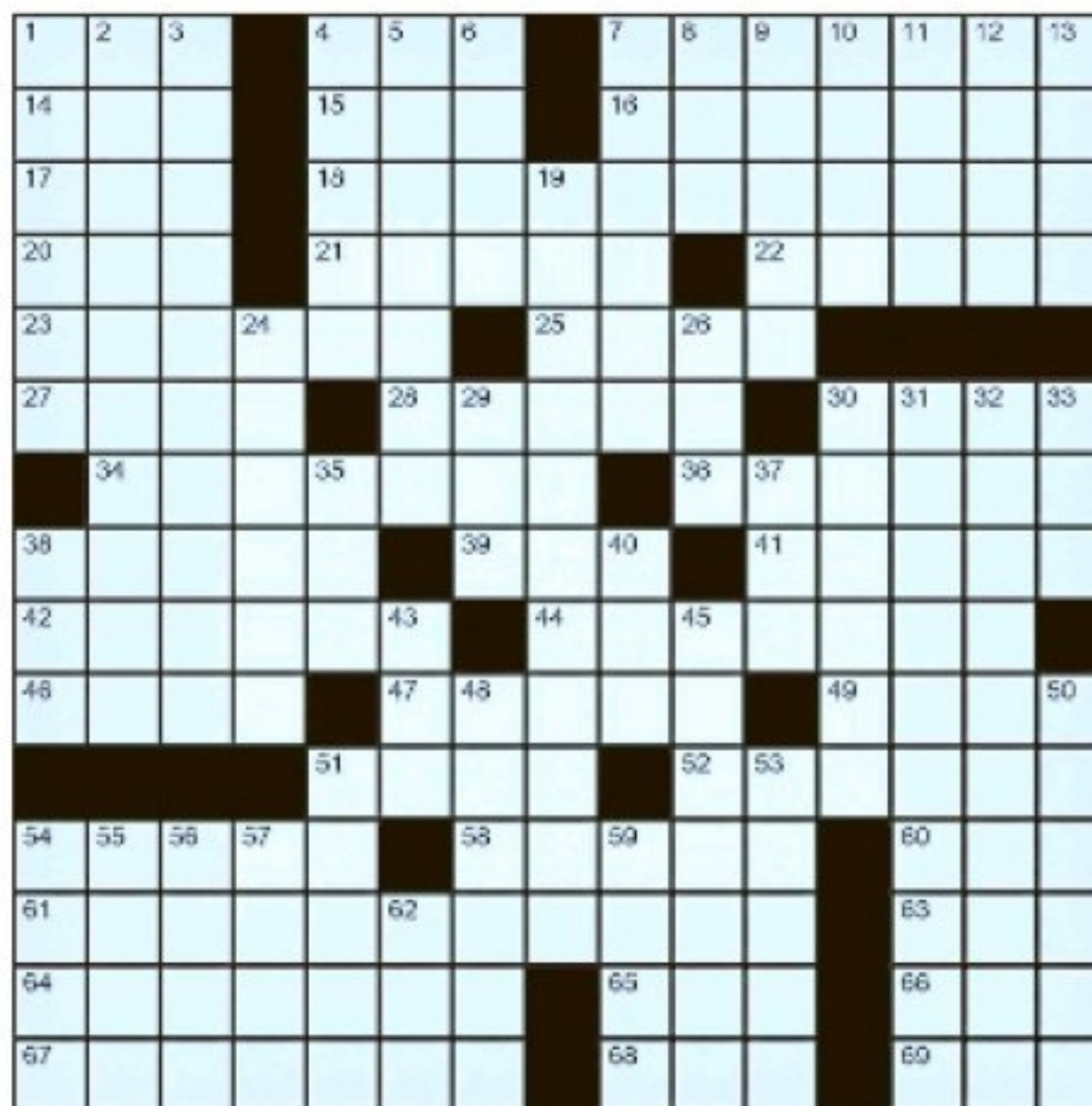
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Inclined
4. Humanities degs.
7. Montreal-born writer Mordecai
14. Thoroughfare topping
15. Qty.
16. Air Canada's in-flight magazine
17. Gladiator's 601
18. Grass emblem of Alberta: 2 wds.
20. US dog org.
21. ___ course (Soon enough)
22. Web commerce
23. Hamlet in Alberta north of Grande Prairie
25. Scream
27. Deer Lake's prov.
28. "Long Tall ___" by Little Richard
30. Climb
34. Luba hit tune: 3 wds.
36. Blood vessel implants
38. MasterCard rivals
39. Embassy diplomat [abbr.]
41. "Where ___": Beck hit in 1996
42. "The ___" by The Band
44. Double-reed instrument
46. SInS equivalents in The States
47. Humble
49. Ye's antiquated follower
51. Figure skater Johnny
52. Certain cars
54. Hidden hoard
58. Stranger



60. 'Persist' suffix
61. Provincial Park in Ontario sharing the name of the Lake Erie village where it is situated: 2 wds.
63. Marriage notice word
64. Outfits
65. From ___ Z

66. Late-summer fair in Toronto [acronym]
67. Sort of red-dish-brown
68. Equivalent word in a thesaurus, for short
69. NFL field measurements

DOWN

1. When the first sunny crack in the day arrives: 2 wds.
2. Total tales: 3 wds.
3. Fills up bit by bit: 2 wds.
4. Comedian/actor Cheech
5. Amidst

6. Particular poker
7. Fix a shoe in a way
8. Like Beethoven's 'Pastoral' symphony, ___ Major
9. Angler's basket
10. Party thrower
11. ___ Brasi, "The Godfather" (1972) enforcer

12. Needle case
13. Merry dance
19. Bandleader of The Royal Canadians: 2 wds.
24. This is owned by me' info providers: 2 wds.
26. Variantly-spelled French lily
29. Range cooker name
30. Do some updating in the workshop
31. Financial woe
32. Emulate spiked hair: 3 wds.
33. Approx.
35. Suffix meaning 'like'
37. Shakespearean contraction
38. 'Das Auto,' cars, briefly
40. ___-relief
43. ___ Bo (Fitness system)
45. LXX
48. Diagnostic test
50. Makeup maven Ms. Lauder's
51. "What place?"
53. Joe ___ (Playwright of What the Butler Saw!)
54. Space sparkler
55. Anti-apartheid activist Desmond
56. ___ & Sciences
57. Water ___ (Summertime gear)
59. "Buenos ___"
62. However

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a playful, fun-loving day. You will enjoy socializing with others. Sporting events will particularly appeal to you, along with fun activities with children.

Taurus April 21 - May 21
This is more of a personal day for you. You might like to withdraw or retire somewhere quiet, especially your home where you can feel relaxed and protected.

Gemini May 22 - June 21
This is a fast-paced, busy day for you. The upside is that your daily environment is stimulating! You might meet new people and see new situations. You certainly can learn something new.

Cancer June 22 - July 23
Money and possessions are a priority for you today. (You're never casual about money.) If out shopping, you will be careful and wise.

Leo July 24 - Aug. 23
Today the Moon is in your sign, boosting your energy and making you more emotional. This happens for two days each month. (Yes, the Moon will be in your sign tomorrow, too.)

Virgo Aug. 24 - Sept. 23
Because you have been high-viz lately (and this will continue this week), use today and tomorrow to catch your breath. Hide somewhere, if you can.

Libra Sept. 24 - Oct. 23
An interaction with a female friend will be important today. You might want to discuss travel plans or something related to publishing, the media, medicine and the law.

Scorpio Oct. 24 - Nov. 22
This is a good day to think about your life's direction in general. What do you see for yourself in the next five years? What about this year?

Sagittarius Nov. 23 - Dec. 21
You are the traveller of the zodiac — no question. Today you would love to get away and see someplace different. If you can't, be a tourist in your own city.

Capricorn Dec. 22 - Jan. 20
Start this week by tying up loose details with taxes, debt, bills, inheritances and shared property. Get some of this stuff out of the way. (You'll love yourself for this later.)

Aquarius Jan. 21 - Feb. 19
You will have to go more than halfway when dealing with others, because the Moon is opposite your sign today and tomorrow. This simply requires courtesy and cooperation.

Pisces Feb. 20 - March 20
Think about how you can get better organized today so that you feel more on top of your scene this week. Do you have any good ideas?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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1	3	7	5	9	2	6	4	8
5	8	9	7	4	6	3	1	2
4	2	6	1	8	3	7	5	9
3	9	2	4	1	7	5	8	6
7	1	4	6	5	8	9	2	3
6	5	8	2	3	9	4	7	1
9	4	3	8	2	5	1	6	7
8	7	5	9	6	1	2	3	4
2	6	1	3	7	4	8	9	5



Cheer on your home team: Red River College

Red River College invites you to the **Skills Canada National Competition, May 31 to June 2 at the RBC Convention Centre**. As this year's host city, Winnipeg welcomes hundreds of top students from across Canada to showcase their trades and technology expertise – from welding to cooking, carpentry to digital animation. Come watch our students go for Skills Canada gold!

